



Resources for School Personnel: Educational Materials

This information sheet is designed to provide middle school personnel with resources to help prevent and detect eating disorders among students. It includes educational publications for professionals, reading lists for youth, and video tapes.

Publications

A free *Eating Disorders Resource Catalogue*, with a complete listing of current and classic books on eating disorders, is available by contacting **Gurze Books**, P.O. Box 2238, Carlsbad, California 92018, tel: (800) 756-7553. The catalogue may also be downloaded from the publisher's Web site at www.gurze.com.

Professional Books

The following books discuss eating disorders and other girls' health issues and provide recommendations for middle school personnel.

Andersen, Arnold, Leigh Cohn, and Thomas Halbrook. *Making Weight: Healing Men's Conflict With Food, Weight, and Shape*. Carlsbad, CA: Gurze Books, 2000.

This book focuses on issues faced by men regarding food, body weight, and shape.

Berg, Frances M. *Afraid To Eat: Children and Teens in Weight Crisis*. Hettinger, ND: Healthy Weight Publishing Network, 1997; and *Women Afraid to Eat: Breaking Free in Today's Weight-Obsessed World*. Hettinger, ND: Healthy Weight Publishing Network, 2000.

Afraid to Eat addresses issues related to dysfunctional eating, eating disorders, size prejudice, and overweight. It contains advice for parents and teachers, and emphasizes that changes are needed in schools,

organized sports, and Federal policies. The book also explores issues related to boys, minority students, and academic achievement. *Women Afraid to Eat* describes the powerful social and medical pressures to be thin and provides guidelines on how women can make meaningful changes to improve their health and well-being. Both books are available from the Healthy Weight Publishing Network, tel: (701) 567-2646, Web site: www.healthyweightnetwork.com.

Phillips, Lynn. *The Girls Report: What We Know and Need To Know About Growing Up Female*. New York: National Council for Research on Women (NCRW), 1998.

The new edition of *The Girls Report* surveys current studies on girls, counters popular myths with recent research findings, and highlights programs successfully serving diverse populations. Chapters on education, health, self-esteem, violence, sexuality, and economic realities conclude with clear recommendations for action. A comprehensive bibliography offers resources for educators, researchers, policymakers, parents, and concerned citizens. Available from NCRW, 11 Hanover Square, New York, NY 10005, tel: (212) 785-7335, fax: (212) 785-7350, Web site: www.ncrw.org.

Piran, Niva, Michael P. Levine, and Catherine Steiner-Adair (eds.). *Preventing Eating Disorders: A Handbook of Interventions and Special Challenges*. Philadelphia: Brunner/Mazel, 1999.

This book addresses the scientific, practical, public policy, and ethical issues involved in reducing vulnerability and raising resilience to eating disorders. It includes theory and research, broad ranging and innovative examples of preventive interventions, and specific recommendations for school personnel. Available from: Brunner/Mazel, tel: (800) 821-8312.



Curricular Support Materials

Folkers, Gladys, and Jeanne Engelmann. *Taking Charge of My Mind and Body: A Girl's Guide to Outsmarting Alcohol, Drugs, Smoking, and Eating Problems*. Minneapolis, MN: Free Spirit, 1997.

This guide for teens addresses myths and realities and helps educators understand issues related to drug and eating disorders from a preadolescent's point of view.

Friedman, Sandra S. *Just for Girls*. Vancouver, BC: Salal Books, 1998.

This guide helps educators develop and facilitate girl-oriented discussion groups. The guide focuses on a wide variety of important developmental issues for girls in early adolescence, including weight, shape, identity, assertiveness, coping with stress, and developing supportive relationships. It also includes a section for boys. Short-term evaluation data are available.¹ The guide is available from Salal Books, 101-1184 Denman Street #309, Vancouver, British Columbia V6G 2M9, tel: (604) 689-8399.

Ikeda, Joanne, and Priscilla Naworski. *Am I Fat? Helping Young Children Accept Differences in Body Size*. Santa Cruz, CA: ETR Associates, 1992.

This book helps teachers of students ages 10 and younger understand the links between weight, social pressures, body image, and self-esteem. The book emphasizes acceptance, appreciation of diversity, and respect for others. It includes realistic case studies and classroom activities. Available from ETR Associates, tel: (800) 321-4407.

Kater, Kathy J. *Healthy Body Image: Teaching Kids to Eat and Love Their Bodies Too!* Seattle, WA: Eating Disorders Awareness and Prevention, 1998.

This prevention curriculum for grades 4 to 6 has 11 lessons that emphasize children's inner strengths rather than appearance; explore societal attitudes about body image; and discuss topics such as weight gain during puberty, the dangers of dieting, and the benefits of

healthy eating and an active lifestyle. Short-term evaluation data are available.² The curriculum is available from National Eating Disorders Association, tel: (206) 382-3587.

National Eating Disorders Association.

NEDA has several programs available for use in school settings, including **Go Girls!**TM, a training program for girls in grades 9-12 that focuses on enhancing young women's self-esteem and helps girls understand the impact of current media messages related to body image and self-esteem. **Just for Girls** is a preventive program guide for teachers to help girls in grades 6 and 7 navigate the rocky road through adolescence. This training manual focuses on healthy eating; coping with stress; and the impact of self-image, gender, and culture on self-esteem. Materials are available from NEDA, tel: (206) 382-3587 or Web site: www.nationaleatingdisorders.org.

Levine, Michael P., and Laura Hill. *A 5-Day Lesson Plan on Eating Disorders, Grades 7-12*. Carlsbad, CA: Gurze Books, 1991.

This curriculum includes five lesson plans, lecture materials, written assignments, transparencies, role-playing activities, and references. Topics include weightism and body image, the impact of teen magazines, dieting as semi-starvation, and the prevention and identification of eating disorders. Available from Gurze Books, tel: (800) 756-7533.

Neumark-Sztainer, Dianne. Minneapolis: University of Minnesota, School of Public Health. *The Weigh to Eat! A Prevention of Eating Disturbances Among Adolescents*, 1992.

This program is directed toward unhealthy dieting and binge eating among high school girls. Evaluation data is available.³ The program is available from Division of Epidemiology, School of Public Health, University of Minnesota, 1300 South 2nd Street, #300, Minneapolis, MN 55454.

Sjostrom, Lisa and Nan D. Stein. *Bullyproof: A Teacher's Guide on Teasing and Bullying for Use With Fourth and Fifth Grade Students*. Wellesley, MA: Wellesley College Center for Research on Women, 1996.

This guide contains 11 sequential lessons that cover class discussions, case studies, writing, reading, and art activities. Available from tel: (781) 283-2500.

Steiner-Adair, Catherine, and Lisa Sjostrom. *Full of Ourselves: Advancing Girl Power, Health and Leadership*. Boston: Harvard Eating Disorders Center, January 2000.

This curriculum provides an upbeat eating disorders prevention program for middle school girls. Through group discussion, free writing, art projects, and body-centered activities, girls explore a wide range of topics, including self- and body-acceptance, media literacy, nutrition basics, emotional hunger, the dangers of dieting, and weightism as a social justice issue. Available in January 2000 from the Harvard Eating Disorders Center, 356 Boylston Street, Boston, MA 02116, tel: (617) 236-7766.

Publications for Youth

Individual Reading

Stories that enhance self-esteem, reinforce acceptance of size diversity, and promote a positive body image are appropriate individual reading for youth ages 9-12. The fiction and non-fiction titles listed here are included in the Young Readers Reading List published by The National Eating Disorder Association. They are suggested for individual reading and available for purchase at local bookstores.

- ◆ Loomans, Diane. *The Lovables in the Kingdom of Self-Esteem*.
- ◆ Blume, Judy. *Blubber*.
- ◆ Blume, Judy. *Tales of a Fourth Grade Nothing*.
- ◆ Lipsyte, Robert. *One Fat Summer*.
- ◆ Holland, Isabelle. *Heads You Win, Tails I Lose*.
- ◆ Greenberg, Jan. *The Pig-Out Blues*.
- ◆ DeClements, Barthe. *Nothing's Fair in Fifth Grade*.

- ◆ Newman, Leslea. *Belinda's Bouquet*.
- ◆ Jasper, Karin. *Are You Too Fat, Ginny?*

Classroom Reading

Books that define eating disorders and describe teens' experiences with them are best read in a class setting. Within the context of a curriculum taught by a knowledgeable teacher, students are better able to express their concerns about themselves or their friends. In addition, research has shown that simply describing behaviors associated with anorexia, bulimia, and binge eating may encourage youth susceptible to eating disorders to begin or continue these behaviors. Readings on eating disorders should be followed by class discussions.

The following books are suggested for classroom reading. All are available from Gurze Books, P.O. Box 2238, Carlsbad, CA 92018, tel: (800) 756-7533.

- ◆ Bennet, Cherie. *Life in the Fat Lane*. 1998.
- ◆ Folkers, Gladys, and Jeanne Engelmann. *Taking Charge of My Mind and Body: A Girl's Guide to Outsmarting Alcohol, Drug, Smoking and Eating Problems*. 1997.
- ◆ Hall, Lisa F. *Perk! The Story of a Teenager With Bulimia*. 1997.

The Eating Disorders Prevention Library for Preteens and Teens published the following series of 12 books in 1998. Each book includes color illustrations, multicultural pictures, a glossary, resources, further reading, and an index. Available from Gurze Books, P.O. Box 2238, Carlsbad, CA 92018, tel: (800) 756-7533.

- ◆ Burby, Liza. *Bulimia Nervosa: The Secret Cycle of Bingeing and Purging*.
- ◆ Chiu, Christina. *Eating Disorder Survivors Tell Their Stories*.
- ◆ Davis, Brangien. *What's Real, What's Ideal: Overcoming Negative Body Image*.
- ◆ Drohan, Michele. *Weight-Loss Program: Weighing the Risks and Realities*.
- ◆ Frankenberger, Elizabeth. *Food and Love: Dealing with Family Issues about Weight*.
- ◆ Kaminker, Laurie. *Exercise Addiction*.

- ◆ Kury, Gloria. *The Dangers of Diet Drugs and Other Weight-Loss Products*.
- ◆ Moe, Barbara. *Inside Eating Disorders Support Groups*.
- ◆ O'Brien, Eileen. *Starving To Win: Athletes and Eating Disorders*.
- ◆ Smith, Erica. *Anorexia Nervosa: When Food Is the Enemy*.
- ◆ Ward, Christie L. *Compulsive Eating: The Struggle To Feed the Hunger Inside*.
- ◆ Weeldreyer, Laura. *Body Blues: Weight and Depression*.

Magazines

A study in *Pediatrics* magazine (March 1999) found that dissatisfaction with weight and shape were very common among preadolescent and adolescent girls. Also, the frequency in which an individual reads fashion magazines was positively and independently associated with her or his dieting and exercising levels.

Fortunately, there are an increasing number of magazines for preadolescent and adolescent girls that are both empowering and entertaining. Magazines such as *Blue Jeans*, *Hues*, *New Moon*, and *Teen Voices* feature adolescents from all backgrounds engaged in creative and productive activities. Articles and advertisements from these types of magazines may be appropriate to include in discussions and assignments as examples of positive media influences.

Video Tapes

Self-Image: The Fantasy, The Reality is one of a series of specials shown on the popular PBS series, "In the Mix," which has been described as "a news magazine for the MTV generation." The program is fast-paced with bold visuals, upbeat music, and a sense of humor. The video is appropriate for viewers in grades 7 through 12. It is clearly divided into four segments and is accompanied by a discussion guide. (The free guide can also be downloaded from their Web site.) Available from In the Mix. Telephone: (212) 684-3940 or (800) 597-9448; Web site: www.pbs.org/mix/imgguide.

BodyTalk is a series of three videos available from The Body Positive that features student discussions about body image. **BodyTalk I**, appropriate for girls 12 and older, focuses on how body image issues are related to eating disorders. **BodyTalk II: It's a New Language**, targets children 9-12 years of age with similar messages, and **BodyTalk III** focuses on children 6-8 years of age. **GirlTalk**, for adults, addresses obsession with thinness. Telephone: (510) 548-0101
Web site: www.thebodypositive.org

Beauty Begins Inside is a video series for teens that addresses the issues of self-acceptance, puberty, and healthy eating. Videos are also available individually. **The Pressure Zone** is about media messages that influence a teen's view of body image. **The "P" Syndrome** is an irreverent look at how the outcome of puberty is mediated by genes and food choices. **What's Eating You?** describes a pair of typical teens with an amazing appetite for junk food who learn that there are really no good or bad foods. Available from the National Film Board of Canada.
Telephone: (800) 267-7710; Web site: www.nfb.ca.

NCAA: Nutrition and Eating Disorders is a three-part video series, produced by the National Collegiate Athletic Association (NCAA), that focuses on nutrition and eating disorders in athletics. Available from Karol Media Products. Telephone: (800) 526-4773
Web site: www.karolmedia.com

End Notes

¹ Friedman, Sandra S. "Discussion Groups for Girls: Decoding the Language of Fat," in Piran et al. (eds.). *Preventing Eating Disorders: A Handbook of Interventions and Special Challenges*. Philadelphia, PA: Brunner/Mazel, 1999.

² Kater, Kathy J., John Rohwer, and Michael Levine. "An Elementary School Project for Developing Healthy Body Image and Reducing Risk Factors for Unhealthy and Disordered Eating." *Eating Disorders: Journal of Treatment and Prevention* 8, no. 1 (spring 2000): 3-16.

³ Neumark-Sztainer, Diane. "Eating Disturbances Among Adolescent Girls: Evaluation of a School-Based Primary Prevention Program." *Journal of Nutrition Education* 27 (1995): 24-31.